

# GREENWorks

## Ideas for a Cleaner Environment

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### Energy-Efficient Bulbs Are a Bright Idea

There are so many great options for efficient light bulbs available today. How do you know which bulbs are worth it? Well, a clear winner stands out among the available light bulbs for being both energy-efficient and longer lasting, and that is the light emitting diode, or LED, light bulb. Compared to incandescent (old fashioned) and compact fluorescent (CFL) light bulbs on the market, LED bulbs use way less energy, which will cut your energy bill. They also last much longer than other bulbs. While it varies slightly depending on the bulb, on average LED light bulbs last over 50,000 hours – almost six years! Even though an LED may cost more up front, it will reduce your monthly electric bill and last much longer!

Incandescent bulbs are by far the least efficient, using the most energy and only lasting a fraction of the time of CFL or LED light bulbs. CFL bulbs, although more energy-efficient than incandescent bulbs, contain small amounts of mercury and need to be disposed of properly. LEDs and incandescent bulbs can be thrown in the trashcan, CFL bulbs cannot. Here are some tips:



From left to right: An example of an LED bulb and a CFL bulb.

- **Town Recycling Programs:** Many towns have recycling programs or Household Hazardous Waste Collection events where homeowners can dispose of their CFL lamps and lightbulbs. Contact your local transfer station for recycling options.
- **Hardware Stores:** Stores such as Lowe's and Home Depot will accept and recycle CFL bulbs at no cost. Check with your local hardware stores on their light bulb recycling policy.

In New Hampshire we have a great resource available to us. NHSaves is a program provided by the state's electric and natural gas utilities. Through NHSaves you can get discounts for products specifically designed to be energy efficient. These products are labeled ENERGY STAR products. Many retail stores such as local hardware stores, Lowe's or Home Depot are part of the program and offer discounted in-store prices for light bulbs, appliances and fixtures. Rebates are also available for light fixtures and other ENERGY STAR appliances on the [NHSaves](#) website. The purpose of the NHSaves program is to save energy, reduce costs, and protect the environment by providing New Hampshire utility customers with information, incentives and support.

If you have any questions, please contact the New Hampshire Pollution Prevention Program at (603) 271-6460 or [nhppp@des.nh.gov](mailto:nhppp@des.nh.gov).

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